

## Wade Gillingham's Top Grip Strength Accomplishments

- Fourth person in the world to deadlift a 50 pound BLOB
- First person in the world to pinch grip to a full standing position 3-35 pound plates flat side out
- First person in the world to pinch grip to a full standing position 6-10 pound standard Olympic plates
- First person in the world to clean and press a 50 pound BLOB
- First person in the world to toss a 50 pound BLOB from one hand to the other and back to the starting hand
- First person in the world to farmer's walk with two 50 pound BLOBS (current best is 107 feet, 2 inches, with a turn)
- First person in the world to close a #3 gripper in one hand and walk with a BLOB in the other
- First person in the world to lift and walk with a BLOB in one hand and an Inch Dumbbell in the other
- First person in the world to pass the BLOB around their back (current best is 18 revolutions)
- Official world record in the Ironmind Blockbuster pinch block (competition best 65lbs not including apparatus weight, current best 107lbs total weight)
- Unofficial world record in BLOB plus weight (current best is total weight of 81.5 pounds)
- Current best in passing two 45 pound plates around the back is 12 revolutions
- Current best with the Ironmind Hub is 75 pounds and 90 pounds with a taped surface
- Current best farmer's walk with two 45 pound plates flat side out is 40 feet with a turn.
- Current best farmer's walk with two inch dumbbells is 49.5 feet from the floor and 66 feet from a bench.
- Walked with the Jowett Anvil (173lbs), 17.5 feet.
- Deadlifted the Sorin's Monsters 500 pound circus barbell, double overhand.
- Current best Rolling Thunder lift of 277 pounds in competition
- No-set closed a #3 Ironmind Gripper and Credit-Card-Set a new #3.5 Ironmind Gripper as per the current certification rules
- Closed a chrome spring Elite gripper (comparable to the old Ironmind Silver Crush #3 grippers)
- The first person to ever complete the GNC Grip Gauntlet in it's original "heavy" format (#3 Gripper, 212lbs Rolling Thunder, 50lbs Blob)

Note: This list is based on best available information at the time of publication. If anyone can produce evidence that they were the first to accomplish anything on this list that I make claim to as the First, or can better anything on the list I claim as an unofficial world record, or have exceeded anything I claim as an official world record, please contact me.